

S.D. Family Focus

An update for South Dakota
Service Members &
Families!



October 2012

1-800-658-3930

Health and Wellness Coaching

What Coaching Is:

- Partnering with members in a thought provoking and creative process to promote healthy lifestyle change.
- Inspire people to live life to their fullest potential personally and professionally.
- Is a forward-looking process where each member establishes a vision, clear goals, and action steps.
- Is driven by the member and supported by the coach.
- Helping members to identify their strengths and use them to create their own solutions.
- FOCUS AREAS: Weight management, physical activity and fitness, healthy eating, health condition, relationship, stress, life coaching and life transitions.

What Coaching Is Not:

- Coaching is NOT counseling or “talk therapy” which tends to focus on the past and how the past affects the present.
- Does not tell people what to do or how to do it: they do not analyze problems, give advice, and prescribe solutions.
- Coaches are NOT experts on the member; they see the member as the “expert” in his or her own life.
- Does not address specific symptoms and pathology.

To sign up with a coach, call 1-800-342-9647 or schedule online coaching sessions.

<http://www.militaryonesource.mil/>

Changes to TRICARE Reserve Select

CHANGES in: TRICARE Reserve Select (TRS) Effective October 1, 2012

In the past when enrolling in TRS a one month premium initial payment was due at the time of enrollment. Effective for enrollments beginning October 1st or after, an initial payment of TWO months premium will be due at the time of enrollment. The 2012 monthly premium for TRS is:

- Member Only - \$54.35 per month
- Member and Family - \$192.89 per month



CHANGES in: TRICARE Reserve Select (TRS) and TRICARE Retired Reserve (TRR) Effective January 1, 2013

After the initial enrollment with a 2 month premium payment all subsequent payments will need to be made through an electronic payment method effective January 1, 2013. Set up your automatic monthly TRS/TRR payments by credit/debit card (Visa®, MasterCard®, Discover®) or electronic funds transfer (from your bank checking or savings account).

Register <http://www.triwest.com> for a secure TriWest.com account and set up your payments online or submit the Electronic Payment Authorization Form - TRICARE Reserve Select (TRS) <http://www.triwest.com/en/beneficiary/find-a-form> today.

Sittercity Military Program-

You can use it to find: Before/After school care, homework help, last minute care, special needs care, school holiday care.

For more information and to activate your membership go to: Sittercity.com/dod

sittercity

Meet Our New Military & Family Life Consultant

Amy LaBay is the new Child & Youth Military Family Life Consultant for the northeastern portion of South Dakota and is located in Watertown. She is honored to be serving military service members and their families. Amy is a Licensed Professional Counselor and has a Master's Degree in Community Counseling. She has experience working with adults, couples, families, children, and youth and enjoys using art as a therapeutic technique. Amy is passionate about helping families work through difficulties and finding their strengths. Growing up in Nebraska on a farm, Amy appreciates being outdoors and enjoys activities such as hunting, fishing, gardening, frisbee golf, and swimming. Amy LaBay is looking forward to serving the military community and supporting military service members and their families.



Amy LaBay, Child & Youth MFLC
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Useful Tips for Handling Back to School Stress

Has your pre-kindergartner returned to baby stages by sucking her thumb or using baby talk? Have you noticed your child having tantrums or emotional meltdowns when you start to talk about sending him back to school? If so, keep in mind that you and your family are not the only ones experiencing such changes in your child. Going back to school can be quite a stressful time in a child's (and a parent's) life.

Actually, millions of parents and families deal with back to school anxiety with their children during the fall. For your child or teen, these fears and worries are very real, whether the anxiety is about separation from her parents, going to a new school, riding the bus, meeting a new teacher, or even (for the older child) changing classes or using a locker during the day for the first time. The emotions felt during the back to school time of year can also lead to general anxiety in other areas of her life and most children are not capable of expressing what this is like for them or why they are feeling this way.

Think back to when you started school. Do you remember experiencing any stress or anxiety? Many adults can remember having stomach aches the night before their first day of school when they were kids, or even remember getting stomach aches and nerves on Sunday nights, from just thinking about returning to school the next morning. Keep in mind that children (and even we adults) need time to adjust to new situations. Even when starting a new job, we need time to adjust to the new location, new colleagues, new job requirements, etc. We may also need time to figure out how or where we fit in. Children and teens too need a period of time to adjust and figure out what is required of them to feel comfortable and feel like they fit in.

The good news is that there are a few things you can do to help minimize the anxiety of returning back to school.

Improve handling of social situations:

Lots of parents remember being a kid and worrying about whom they would sit next to at lunch time or who would want to sit next to them. The younger the child, the more difficult this will be for him to express if this is something he is worried about. Perhaps she is concerned about whom to play with at recess. If you have been travelling this summer and your child has not had much time with friends, consider scheduling some play dates for your child and her friends. Consider scheduling play dates with your child's friends who will be going to the same school. This way, your child will reestablish friendships and feel more comfortable about whom to play with or eat with during the school day.

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Stop Bullying Video Challenge

Please mark your calendars! The submission deadline for the [Stop Bullying Video Challenge](http://stopbullying.gov) is 14 October 2012. Now is the time to remind your family, friends and professional networks about what the contest is and how youth can enter.

The challenge is open to U.S. students between the ages of 13 and 18 years old. It is designed to showcase ways that youth are taking action against bullying and promoting a culture of kindness and respect in their communities.

Full details about the contest, including judging criteria, are available at stopbullying-challenge.gov. For a few ideas about what constitutes a winning submission, please see the checklist below:



The video and its message are appropriate to theme. The submission focuses on how youth can prevent bullying by being “more than a bystander.” It communicates a positive message that involves kids talking to kids and does more than simply explain why bullying is wrong.

The video is creative and original. It offers a fresh, innovative approach to bullying prevention, using audio and visuals to enhance the overall message.

The video is appealing and entertaining for viewers and promotes StopBullying.gov. It must also fall between 30 and 60 seconds in length.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

WHERE: Mitchell, SD – Armory

WHEN: 18, 19 OCT 2012 (THU & FRI)
0800 hrs to 1700 hrs

COST: Free

TRAINING IS APPROPRIATE FOR:

Chaplains, Chaplain Assistants, Unit
SIO's (Suicide Intervention Officers)
and Others

PRE-REGISTRATION IS REQUIRED:

Registration limited to 30 participants!

To register contact SGT Gordy Hedges
at 605-737-6658 or by email
james.hedges@us.army.mil

Military Child Education Coalition Training

Date: October 16-17

Location: Pierre

Contact Taryn Broomfield for more
information 605-737-6919 or email
taryn.m.broomfield.ctr@us.army.mil

Meet Jessica, Our New Family Assistance Specialist (Rapid City)

Jessica Cox is the newest member of the Family Assistance Team and will be located in Rapid City. A native of South Dakota, having been raised in Pierre, but spending most of her adult life in Sioux Falls and then settled in the Black Hills in 2006. She attended Sioux Valley Hospital School of Radiologic Technology, where she became Board Certified in 1999. She then specialized in MRI for years and continues to maintain her degree. She has also completed her real estate training in 2009 to become a SD Board certified Broker Associate. Jessica and her husband, Chris, were married in 2000 and together raise three beautiful children together here in Rapid City. Christopher, is a 9th grader at Stevens High School Adrian, is a 4th grader...at Wilson Elementary and last, but not least, Annica, is a 2nd grader also at Wilson Elementary. Jessica and her husband enjoy staying active with their children, whether it be helping at the schools, playing outdoors, traveling, or just spending good quality time with their family and friends. Due to Jessica's husband, Chris, being overseas and/or away from home for much of the last 8 years, she brings with her an understanding of military life along with a strong passion and love for the South Dakota National Guard and its families. She has been a part of many aspects of the SDNG family from learning to adjust to a military life, the deployments of her spouse and friends, to fulfilling the duties of the Lead Family Readiness Volunteer position in SDARNG's Det 3, Co A 641st Avn. She is always willing to learn, eager to help and excited to be a part of Service Member & Family Support and the SDNG family! You can contact Jessica at Jessica.a.cox3.ctr@us.army.mil or (605)737-6088.



Useful for Handling Back to School Stress (*Continued from Pg. 2*)

Improve handling of social situations:

Lots of parents remember being a kid and worrying about whom they would sit next to at lunch time or who would want to sit next to them. The younger the child, the more difficult this will be for him to express if this is something he is worried about. Perhaps she is concerned about whom to play with at recess. If you have been travelling this summer and your child has not had much time with friends, consider scheduling some play dates for your child and her friends. Consider scheduling play dates with your child's friends who will be going to the same school. This way, your child will reestablish friendships and feel more comfortable about whom to play with or eat with during the school day.

Send her to school with a little piece of you:

One parent remembers being a kid and being a little anxious about going to school and would put on just a little spot of her mom's perfume before leaving the house. This way, whenever she felt a little worried, she could take a quick sniff of her wrist and be reminded of the comfort and support of her family: something very familiar and known. Another thing you can do is buy some pretty little pebbles or stones and draw a smiley face on them with a marker. Your child can carry this little pebble in his pocket or backpack during the day and when he is feeling shy or anxious he can put his hand in his pocket and be reminded of home and his supportive family.



Normalize with your child:

Be sure to talk with your child about his experiences with school. Allow him to talk about his fears and normalize these fears by telling her that everyone, even her teacher, gets nervous for the first day or even the first week of school. If you can, share with your child your own experiences as a child including what your fears and worries were and what you did to get through them. While each school year brings a variety of emotions, your support, encouragement, and awareness of the potential spectrum of emotions means you are setting the stage for success in your child's academic career.

Have a great school year and please do not hesitate to contact your Military & Family Life Consultants for any additional assistance.

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Renee Oler, Adult MFLC
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Meet our New Family Readiness Support Assistant

Hi, my name is Kristin Neuhardt and I am thankful and honored to be the new Family Readiness Support Assistant located at the 109th RSG of the South Dakota National Guard in Rapid City SD. I am the military spouse of SGT Josh Neuhardt of JFHQ of nine years. I have held the position of Lead FRG Volunteer of JFHQ, and Co-Lead FRG Volunteer of 109th RSG with the South Dakota National Guard. I have also volunteered my time as an Advisory Council member for the South Dakota National Guard Family program for 3 years. With a combined 7 years plus of knowledge and experience with military personnel and military family programs I feel I will bring a lot to the position of a FRSA. I also bring an education of disability and human services along with my experience with working with the public.

I have grown up in the Rapid City area, and this is where I call home. Josh and I have 4 wonderful children: Caleb, Lukas, Noah, and Madilyn that are all growing up very fast. In my free time I enjoy time with my family whether that is watching a good movie, baking/cooking, camping, bike rides, going to soccer games, or just relaxing outdoors.



VA Mental Health Services & Vet Center Services

For *Returning Veterans* and their *Families*



Seeking Counseling Services?

Contact Your Local
OEF/OIF/OND
Program Manager
For Arrangements

www.oefoif.va.gov/caremanagement.asp

or Contact The
Vet Center Combat
Call Center

www.vetcenter.va.gov | 1-877-WAR-VETS (927-8387)



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